IS IT WHOLE GRAIN-RICH?

Use the following checklist to determine if a grain is whole grain-rich. Whole grain-rich grains must meet at least one of the following criteria.

1. **THE FOOD IS A WIC WHOLE GRAIN FOOD**
   - Any product found on any state’s WIC whole grain food list meets the CACFP whole grain-rich criteria.

2. **THE FOOD IS LABELED AS ONE OF THE FOLLOWING PRODUCTS**
   - Many different bread products and pasta products meet this criteria. See below for examples.

   **Bread Products**
   - “Whole wheat bread”
   - “Entire wheat bread”
   - “Graham bread”
   - “Whole wheat rolls”
   - “Entire wheat rolls”

   **Bread Products Cont.**
   - “Graham rolls”
   - “Whole wheat buns”
   - “Entire wheat buns”
   - “Graham buns”

   **Pasta Products**
   - “Whole wheat macaroni product”
   - “Whole wheat macaroni”
   - “Whole wheat spaghetti”
   - “Whole wheat vermicelli”

3. **WHOLE GRAIN CLAIMS**
   - Alternatively, the product is whole grain-rich if it has one of these health claims on its packaging.

   - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
   - “Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.”

4. **THE FOOD MEETS THE RULE OF THREE**
   - Grain products that meet the “Rule of Three” meet the whole grain-rich criteria. Products like crackers, tortillas, bagels, biscuits, must be evaluated this way. Breakfast cereals fortified with vitamins and minerals do not need to meet the rule of three.

   - A whole grain is the **first grain ingredient** on the ingredients list.
   - **AND**
   - The **next two grain ingredients** (if any) are whole grains, enriched grains, bran or germ. You may ignore grain byproducts (such as gluten, dextrin, starches). Non-creditable grains (such as unenriched flour) may be ignored if they are 2% or less of the product.

5. **ADDITIONAL DOCUMENTATION**
   - Grain products with documentation that shows whole grains are the primary ingredient are whole grain-rich.
     - A product formulation statement from the manufacturer **OR**
     - A Child Nutrition (CN) label **OR**
     - A standardized recipe
### Reading Ingredients for the Rule of Three

#### WHOLE GRAINS
Whole grain-rich products should have a whole grain as the first ingredient.

- **Amaranth**: Amaranth, Amaranth flour
- **Brown rice**
- **Buckwheat**: Buckwheat, Buckwheat flour, Buckwheat groats, Sprouted buckwheat
- **Millet**: Millet, Millet flour
- **Oats**: Oats, Oat groats, Old fashioned oats, Quick cooking oats, Instant oatmeal, Whole grain oat flour, Steel cut oats
- **Quinoa**
- **Sorghum**: Sorghum, Sorghum flour
- **Teff**: Teff, Teff flour
- **Triticale**: Triticale, Triticale flour
- **Whole grain corn**: Whole corn, Whole grain corn, Whole grain corn flour
- **Whole grain einkorn**: Whole grain einkorn flour, Sprouted einkorn, Whole einkorn berries
- **Whole grain rye**: Rye groats, Sprouted whole rye, Whole rye flour
- **Whole grain spelt**: Whole grain spelt flour, Sprouted spelt, Spelt berries
- **Whole grain wheat**: Whole wheat flour, Wheat berries, Wheat groats, Sprouted whole wheat Bulgur, Cracked wheat, Whole grain wheat flakes, Whole durum flour, Graham flour
- **Wild rice**

#### BRANS & GERMS
May be the 2nd or 3rd grain ingredient in a whole grain-rich food.

- **Corn bran**
- **Oat bran**
- **Rice bran**
- **Rye bran**
- **Wheat bran**
- **Wheat germ**

#### ENRICHED GRAINS
May be the 2nd or 3rd grain ingredient in a whole grain-rich food.

- **Enriched bromated flour**
- **Enriched corn flour**
- **Enriched durum wheat flour or flour**
- **Enriched rice or rice flour**
- **Enriched rye flour**
- **Enriched wheat flour or white flour**

#### DISREGARDED INGREDIENTS
May be ignored when following the Rule of Three.

- Any ingredients that make up 2% or less of the product.
- Any grain derivatives or by-products such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

#### NON-CREDITABLE GRAINS OR FLOURS
These ingredients cannot be the first 3 ingredients when following the Rule of Three for whole grain-rich foods. The product may still be creditable even if it not whole grain-rich.

- **Any bean flour**
- **Any nut flour**
- **Barley malt**
- **Bromated flour**
- **Corn**
- **Corn fiber**
- **Degerminated corn meal**
- **Duranum flour**
- **Farina**
- **Malted barley flour**
- **Oat flour**
- **Potato flour**
- **Rice flour**
- **Semolina**
- **Wheat flour**
- **White flour**
- **Yellow corn flour**
- **Yellow corn meal**